

SIDE DISH

Trenette with Eggplant and Basil Pesto

15 September 2026

TOTAL TIME	PREP	COOK	SERVES	PER SERVING	CALORIES
44 min	14 min	30 min	6	\$1.70	247 kcal



Trenette with Eggplant and Basil Pesto might be a good recipe to expand your side dish collection. Watching your figure? This gluten free and primal recipe has 249 calories, 8g of protein, and 22g of fat per serving. This recipe serves 6.

Ingredients

- ☐ ¼ teaspoon freshly ground black pepper, plus extra for seasoning
- ☐ 2 cups packed cups fresh basil leaves
- ☐ ½ teaspoon kosher salt, plus extra for seasoning
- ☐ ¼ cup extra-virgin olive oil
- ☐ 1½ ounces 1/2 cup grated Parmesan
- ☐ ¼ cup toasted pine nuts (see Cook's Note)
- ☐ 1½ pounds eggplant, cut into 1/2-inch cubes
- ☐ 1 clove garlic
- ☐ 6 servings Kosher salt and freshly ground black pepper
- ☐ 2/3 cup extra-virgin olive oil
- ☐ 1½ ounces 1/2 cup grated Parmesan, plus 1/2 cup
- ☐ 1 pound trenette or other short-cut pasta

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EQUIPMENT Food processor, Bowl, Frying pan, Baking sheet, Oven, Pot, Blender

Method

- 1 Watch how to make this recipe.
- 2 For the pesto: In a blender or food processor, pulse the basil, pine nuts, garlic, 1/2 teaspoon salt, and 1/4 teaspoon pepper until finely chopped. With the machine running, gradually add the oil until the mixture is smooth and thick.
- 3 Add the cheese and pulse until just incorporated. Season with salt and pepper, to taste. Set aside.
- 4 For the pasta: Bring a large pot of salted water to a boil over high heat.
- 5 Add the pasta and cook until tender but still firm to the bite, stirring occasionally, about 8 to 10 minutes.
- 6 Drain and reserve about 1 cup of the pasta water.
- 7 Put the pasta into a large serving bowl and add 1/2 cup of the Parmesan. Toss until coated.
- 8 In a large, nonstick skillet, heat the oil over medium-high heat.
- 9 Add the eggplant and season with salt and pepper, to taste. Cook, stirring frequently, until the eggplant turns golden brown, about 8 minutes.
- 10 Remove the pan from the heat and cool slightly.
- 11 Add the pesto and toss until the eggplant is coated.
- 12 Add the eggplant mixture to the serving bowl with the pasta and toss until all of the ingredients are coated. Thin out the sauce with a little pasta water, if needed. Season with salt and pepper, to taste.
- 13 Sprinkle with the remaining cheese and serve.
- 14 Cook's Note: To toast the pine nuts, arrange them in a single layer on a baking sheet.
- 15 Bake in a preheated 350 degree F oven until lightly toasted, about 5 to 6 minutes. Cool completely before using.

Nutrition per serving

247

KCAL

7 g

PROTEIN

22 g

FAT

8 g

CARBS

Saturated Fat

4.6 g · 28% of daily needs

Fibre

3.8 g · 15% of daily needs

Sugar

4.4 g · 5% of daily needs

Sodium

424 mg · 18% of daily needs

Cholesterol

9.6 mg · 3% of daily needs

Vitamin C

4.1 mg · 5% of daily needs

Adapted from Foodnetwork. Find this recipe, ratings and more ideas at whatsheate.com/trenette-with-eggplant-and-basil-pesto-142598